

Physical Conditioning (Men)

(Aug 2025 Version)

Skills (54%)							Attendance & participation	Written exam
Exam	Score	*2400 meters run	Score	Plank	Pull-ups (Forehand grip)	*** Sit and reach		
		15%		13%	13%	13%		
	15	Within 9'30"	13	>3'01"	10	44		
	14	10'15"						
	13	11'00"	12	2'46" - 3'00"	9	40		
	12	11'45"						
	11	12'15"	11	2'31" - 2'45"	8	37		
	10	13'00"						
	9	13'45"	10	2'16" - 2'30"	7	34		
	8	14'30"						
	7	15'15"	9	2'01" - 2'15"	6	31		
	6	16'00"						
	5	16'45"	8	1'46" - 2'00"	5	28		
	4	17'30"						
	3	18'15"	7	1'31" - 1'45"	4	25		
	2	Completed						
			6	1'11" - 1'30"	3	22		
			5	51" - 1'10"	2	19		
			4	31" - 50"	1	16		
			3	21" - 30"	**9 times bent-knee inverted row	13		
			2	11" - 20"	**6 times bent-knee inverted row	11		
			1	6" - 10"	**3 times bent-knee inverted row	<9		
	Number of trials (Maximum score will be selected)		1		1	1	3	
Remarks		* 2400 meters run - Spike shoes cannot be used. ** Knee bend inverted row - The bar height is 0.8/0.9m. The chest should touch the bar for each repetition. *** Sit & Reach - The toe touch position is 23cm.						

Physical Conditioning (Women)

(Aug 2025 Version)

Skills (54%)							Attendance & participation	Written exam
Exam	Score	*1600 meters run	Score	Plank	***Bent-Knee Inverted Row (Forehand Grip)	***Sit and reach		
		15%		13%	13%	13%		
	15	Within 7'45"	13	>2'31"	13	45		
	14	8'05"						
	13	8'25"	12	2'16" - 2'30"	12	42		
	12	8'45"						
	11	9'05"	11	2'01" - 2'15"	11	39		
	10	9'25"						
	9	9'45"	10	1'46" - 2'00"	10	36		
	8	10'05"						
	7	10'25"	9	1'31" - 1'45"	9	33		
	6	10'45"						
	5	11'05"	8	1'16" - 1'30"	8	29		
	4	11'25"						
	3	11'45"	7	1'01" - 1'15"	7	26		
	2	Completed						
			6	46" - 1'00"	6	23		
			5	36" - 45"	5	20		
			4	26" - 35"	4	17		
			3	16" - 25"	3	14		
			2	11" - 15"	2	11		
			1	6" - 10"	1	<9		
Number of trials (Maximum score will be selected)		1		1	1	3		
Remarks		* 1600 meters run - Spike shoes cannot be used. ** Knee bend inverted row - The bar height is 0.8/0.9m. The chest should touch the bar for each repetition. *** Sit & Reach - The toe touch position is 23cm.						